

5 **That which is claimed:**

1. A fat replacement composition comprising

10 an effective amount of tagatose and
 an effective amount of at least one indigestible oligosaccharide,

 said fat replacement composition providing at least about 10% more
creaminess to a foodstuff in comparison to the creaminess induced within foodstuffs
15 incorporating a comparable amount of tagatose alone.

2. A composition according to Claim 1, wherein said tagatose is present
in an amount ranging from about 15 to 75 weight percent, bowfr.

20 3. A composition according to Claim 1, wherein said indigestible
oligosaccharide comprises at lest one member selected from the group consisting
of fructooligosaccharides, xylooligosaccharides, alpha glucooligosaccharides, trans
galactosyl olisosaccharides, soybean olisosaccharides, lactosucrose and
polydextrose.

25 4. A composition according to Claim 1, wherein said indigestible
oligosaccharide is present in an amount ranging from about 25 to 85 weight
percent, bowfr.

30 5. A composition according to Claim 1, wherein said indigestible
oligosaccharide is fructooligosaccharide.

35 6. A composition according to Claim 1, wherein said
fructooligosaccharide is at least one of either inulin or oligofructose.

5 7. A reduced calorie foodstuff comprising a fat replacement composition,
 said fat replacement composition comprising
 an effective amount of tagatose and
 an effective amount of at least one indigestible
 oligosaccharide,

10 said fat replacement composition providing at least about 10% more
 creaminess to a foodstuff in comparison to the creaminess induced within foodstuffs
 incorporating a comparable amount of tagatose alone.

15 8. A foodstuff according to Claim 7, wherein said fat replacement
 composition is present within said foodstuff in an amount ranging from about 0.2 to
 5.0 weight percent, bowfs.

20 9. A foodstuff according to Claim 7, wherein said tagatose is present
 within said fat replacement composition in an amount ranging from about 15 to 75
 weight percent, bowrfc.

25 10. A foodstuff according to Claim 7, wherein said indigestible
 oligosaccharide is present within said fat replacement composition in an amount
 ranging from about 25 to 85 weight percent, bowrfc.

 11. A foodstuff according to Claim 7, wherein said indigestible
 oligosaccharide is fructooligosaccharide.

30 12. A foodstuff according to Claim 11, wherein said fructooligosaccharide
 is at least one of either inulin or oligofructose.

 13. A foodstuff according to Claim 7, further comprising at least one high
 intensity sweetener.

5 14. A foodstuff according to Claim 13, wherein said high intensity
sweetener comprises at least one member selected from the group consisting of
acesulfame-K, aspartame, acesulfame-aspartame salt, cyclamate, saccharine,
sucralose, NHDC, thaumatin, stevioside, neotame and brazzein.

10 15. A foodstuff according to Claim 7, wherein said foodstuff is a dairy
product.

 16. A method of preparing a reduced calorie foodstuff, said method
comprising

15 providing a reduced fat foodstuff and
 incorporating an effective amount of a fat replacement composition
 comprising tagatose and at least one indigestible
 oligosaccharide,

20 said fat replacement composition providing at least about 10% more
creaminess to a foodstuff in comparison to the creaminess induced within foodstuffs
incorporating a comparable amount of tagatose alone.

25 17. A method according to Claim 16, wherein said fat replacement
composition is present within said foodstuff in an amount ranging from about 0.2 to
5.0 weight percent, bowfs.

30 18. A method according to Claim 16, wherein said tagatose is present in
said fat replacement composition an amount ranging from about 15 to 75 weight
percent, bowrfc, and said indigestible oligosaccharide is present in said fat
replacement composition in an amount ranging from about 25 to 85 weight percent,
bowrfc.

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19. A method according to Claim 16, further comprising incorporating at least one high intensity sweetener.

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20. A method according to Claim 19, wherein said high intensity sweetener comprises at least one member selected from the group consisting of acesulfame-K, aspartame, acesulfame-aspartame salt, cyclamate, saccharine, sucralose, NHDC, thaumatin, stevioside, neotame and brazzein.